

Times of Myanmar Dawnrise, Sunrise, Solar Noon, and Sunset

(1) January								
Date	Dawn		Sunrise		Noon		Sunset	
	h	m	h	m	h	m	h	m
1	6	09	6	33	12	09	5	44
5	6	11	6	35	12	10	5	46
10	6	12	6	36	12	13	5	49
15	6	13	6	37	12	15	5	52
20	6	13	6	37	12	16	5	55
25	6	13	6	37	12	18	5	58
31	6	12	6	36	12	19	6	01

(5) May								
Date	Dawn		Sunrise		Noon		Sunset	
	h	m	h	m	h	m	h	m
1	5	16	5	40	12	02	6	26
5	5	14	5	38	12	02	6	27
10	5	12	5	36	12	02	6	28
15	5	10	5	34	12	02	6	30
20	5	07	5	31	12	02	6	32
25	5	07	5	31	12	02	6	33
31	5	07	5	31	12	03	6	35

(9) September								
Date	Dawn		Sunrise		Noon		Sunset	
	h	m	h	m	h	m	h	m
1	5	27	5	51	12	06	6	20
5	5	28	5	52	12	04	6	17
10	5	28	5	52	12	03	6	13
15	5	29	5	53	12	01	6	09
20	5	29	5	53	11	59	6	05
25	5	30	5	54	11	57	6	00
31	5	30	5	54	11	56	5	56

(2) February								
Date	Dawn		Sunrise		Noon		Sunset	
	h	m	h	m	h	m	h	m
1	6	12	6	36	12	19	6	02
5	6	11	6	35	12	19	6	04
10	6	09	6	33	12	20	6	06
15	6	07	6	31	12	19	6	08
20	6	04	6	28	12	19	6	10
25	6	02	6	26	12	18	6	12
29	6	00	6	24	12	18	6	13

(6) June								
Date	Dawn		Sunrise		Noon		Sunset	
	h	m	h	m	h	m	h	m
1	5	07	5	31	12	03	6	36
5	5	07	5	31	12	04	6	37
10	5	07	5	31	12	05	6	39
15	5	07	5	31	12	06	6	40
20	5	08	5	32	12	07	6	42
25	5	09	5	33	12	08	6	43
30	5	11	5	35	12	09	6	43

(10) October								
Date	Dawn		Sunrise		Noon		Sunset	
	h	m	h	m	h	m	h	m
1	5	31	5	55	11	55	5	56
5	5	31	5	55	11	54	5	53
10	5	32	5	56	11	52	5	49
15	5	33	5	57	11	51	5	49
20	5	34	5	58	11	50	5	42
25	5	36	6	00	11	49	5	39
31	5	38	6	02	11	49	5	36

(3) March								
Date	Dawn		Sunrise		Noon		Sunset	
	h	m	h	m	h	m	h	m
1	5	59	6	23	12	18	6	13
5	5	56	6	20	12	17	6	14
10	5	53	6	17	12	16	6	15
15	5	49	6	13	12	14	6	16
20	5	45	6	09	12	13	6	17
25	5	41	6	05	12	12	6	18
31	5	37	6	01	12	10	6	19

(7) July								
Date	Dawn		Sunrise		Noon		Sunset	
	h	m	h	m	h	m	h	m
1	5	11	5	35	12	09	6	43
5	5	12	5	36	12	10	6	44
10	5	14	5	38	12	11	6	44
15	5	15	5	39	12	11	6	43
20	5	17	5	41	12	12	6	42
25	5	18	5	42	12	12	6	41
31	5	20	5	44	12	12	6	39

(11) November								
Date	Dawn		Sunrise		Noon		Sunset	
	h	m	h	m	h	m	h	m
1	5	38	6	02	11	49	5	36
5	5	40	6	04	11	49	5	34
10	5	42	6	06	11	49	5	32
15	5	44	6	08	11	50	5	31
20	5	47	6	11	11	51	5	31
25	5	50	6	14	11	52	5	31
30	5	53	6	17	11	54	5	31

(4) April								
Date	Dawn		Sunrise		Noon		Sunset	
	h	m	h	m	h	m	h	m
1	5	36	6	00	12	09	6	19
5	5	33	5	57	12	08	6	20
10	5	29	5	53	12	07	6	21
15	5	26	5	50	12	06	6	22
20	5	22	5	46	12	04	6	23
25	5	19	5	43	12	03	6	24
30	5	16	5	40	12	03	6	25

(8) August								
Date	Dawn		Sunrise		Noon		Sunset	
	h	m	h	m	h	m	h	m
1	5	21	5	45	12	12	6	39
5	5	22	5	46	12	11	6	37
10	5	23	5	47	12	11	6	34
15	5	24	5	48	12	10	6	32
20	5	25	5	49	12	09	6	29
25	5	26	5	50	12	08	6	25
31	5	27	5	51	12	06	6	21

(12) December								
Date	Dawn		Sunrise		Noon		Sunset	
	h	m	h	m	h	m	h	m
1	5	53	6	17	11	54	5	31
5	5	55	6	19	11	56	5	32
10	5	58	6	22	11	58	5	33
15	6	01	6	25	12	00	5	35
20	6	04	6	28	12	03	5	37
25	6	06	6	30	12	05	5	40
31	6	09	6	33	12	08	5	43

(1) The times of sunrise, sunset, and solar noon are counted based on the west longitude 96° 10' and the north latitude as 19° 45'. Therefore, they may be used for these towns: Kathar (ကသာ), Kyidaung-Gan (ကြည်တောင်ဂန်), Kyaukse (ကျောက်ဆည်), Hsuar (ဆွာ), Naypyidaw (နေပြည်တော်), Tat-Kone (တပ်ကုန်း), Hti-Chaing (ထီးချိုင့်), Htaung-Kyant (ထောက်ကြန့်), Nabhar (နဘား), Naypyidaw Pynmanar (နေပြည်တော်ပျဉ်းမနား), Mandalay (မန္တလေး), Mattarar (မတ္တရာ), Hmawbi (မော်ဘီ), Yameethin (ရမည်းသင်း), Yetar-Shay (ရေတာရှည်), Yangon (ရန်ကုန်), Naypyidaw Layway (နေပြည်တော် လယ်ဝေး), Hlegu / Hlay Gu (လှည်းကူး), Savatthi (သာဝတ္ထိ), Thar-Gara (သာဂရ), Thanlyin (သံလျင်), Amarapura (အမရပူရ), and Ayelar (အေလာ).

(2) When observing the sunrise and sunset by own eyes, a) one's clock should be adjusted to the Myanmar Standard Time (MST) exactly to second, b) the Sea Level where one is standing should be checked (to be in accordance with) the west longitude and north latitude, c) the hills and forests which obscure the sun's orb should be taken into account.

(3) It is possible to make use of the times (in the tables above) for (other) regions as well by adding or subtracting a number of minutes: Kot-Thaung (ကော့သောင်း) [-10], Sagaing (စင်ကိုင်း) [+1], Sitwe (စစ်တွေ) [+13], Bago (ပဲခူး) [-1], Phalan (ဖလမ်း) [+10], Pha-An (ဘားအံ) [-6], Magway (မကွေး) [+5], Mawlamyine (မော်လမြိုင်) [-6], Myitkyina (မြစ်ကြီးနား) [-5], Taunggyi (တောင်ကြီး) [-3], Htaway (ထားဝယ်) [-8], Lwainkaw (လွိုင်ကော်) [-4]. (For example), to know the time of sunrise in Lwainkaw on the 1st of May, it is 5 hours 40 minutes *minus* 4 minutes -> 5 hours 36 minutes.

(4) According to the decision (explained) in the book "*Arunuggakāla Vinicchaya*" ("The Resolution of the Dawnrise Time") composed by Htan-Ta-Pin Tawya (Layway Township) Sayadaw Ashin Tissara Thera, the time of dawnrise (mentioned here) is counted as one Myanmar hour, (i.e.) 24 machine minutes, before the (time of) sunrise. (*Note that according to the old time-counting system of Myanmar, there are 100 Myanmar hours in a day; one day has 1440 minutes, therefore 1 Myanmar hour should however be equal to ca. 14.5 minutes, not 24. If it is true, then all the dawnrise times in the tables above should be followed adding 9.5 minutes.) Indeed, if (the numbers) do not correspond to the reality, they may be used respectively in (one's) region after the exact time of sunrise is learned.